

The Effectiveness of Mindfulness-Based Stress Intervention on Grief Experience and Social Isolation Among Martyrs' Spouses

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction discusses the unique challenges faced by martyrs' spouses. Consider expanding this section by citing more recent studies or statistics to emphasize the prevalence and relevance of these challenges.

The research question, "Is mindfulness-based stress intervention effective in addressing grief experience and social isolation among martyr's spouses?" could be followed by a more precise hypothesis reflecting expected statistical outcomes.

Provide additional context for the intervention techniques (e.g., the theoretical basis for body scanning and mindful breathing) to help practitioners replicate the program.

While referencing prior research aligns with the findings, the section could benefit from more critical analysis, addressing potential reasons for differences or similarities with past studies.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The citation of Kübler-Ross's grief stages is pivotal. Enhance this by comparing the mindfulness-based approach to other psychological interventions for grief, grounding the study in a broader theoretical context.

Expand on the sentence, "In Iranian households, men are generally considered the family heads," by discussing how cultural norms might influence the effectiveness of mindfulness interventions in this demographic.

While reliability statistics for the grief and social isolation scales are provided, consider discussing their cross-cultural validation for Iranian populations to strengthen the study's validity.

In Table 2, the Eta-squared values demonstrate significant effects. Highlight these values in the text to reinforce the intervention's practical significance.

The results of the Shapiro-Wilk test and Levene's test are presented briefly. Consider discussing why these assumptions are critical for ANCOVA and the implications if violated.

The descriptive indices in Table 1 show meaningful changes. Discuss these in more detail, especially focusing on how the control group's minimal changes validate the intervention's effectiveness.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.